

Leaders Make A Difference, NOT Excuses!

Command Voice

Volume 2, No. 3

Family Support & Information Newsletter serving HQs, 306th MI Bn.

Aug. 25, 2000



Courtesy photo

Leaders making a difference, not excuses!

1SG Michael W. Roberts and SPC Sheen lead the way on an obstacle during the company's Sergeant's Time Training conducted at the LRC Aug. 15. Other members of this team were SSG Adon, SGT Blazi, SPC Rendon and SGT Bluster. Several soldiers from Headquarters Company, 306th Military Intelligence

Battalion participated in the training, which was the final company STT before the reorganization. For more photos on the LRC and Obstacle Course, see pages 4 & 6. For more information about the company's reorganization, see the Commander's Column on page 2 and Top Notch on page 3.

Commander's Column

Lose some, gain others in Hqs transformation

*By CPT Monica Cater
Commander*

There have been many events occurring this summer to include the Army Birthday Parade, MI Hall of Fame, 4th of July Parade, Biathlon, Triathlon, and many changes of commands. Our soldiers are always asked to support these events. I want to publicly thank them for their professionalism, hard work and "volunteerism". I hear all great compliments after the events and want to pass that on to the soldiers.

The event that was especially significant was the Battalion Change of Command on July 28, 2000. We farewelled LTC Carol Szarenski and welcomed LTC Reyes and his wife, Priscilla. Also, new to the company is the new BN XO, MAJ Clark. Welcome to him and his family, wife Michelle and children, Mckayla and Branden.

Also on that infamous date of July 28, 2000, the 112th MI BDE was activated. This means we will go through a significant reorganization. The 306th MI BN is under the 112th MI BDE, instead of under Garrison. In addition, some sections from HQ, 306th MI BN are going to an HHC, Garrison Company. These sections include G3, Airfield, Range Control, NBC, PAO,

the Honor Guard, CSLA and some of the battalion staff. It is very difficult to see these sections leave the company. I have enjoyed working with all the sections and will truly miss them.

In addition to the new realignment, the 306th MI BN will have a new mission. 304th MI BN is handing over to the 306th MI BN the mission of training the MI Company and other MI components of the Initial Brigade Combat Team (IBCT). This will be a challenge, and 1SG Roberts and I will wear two hats. However, we will not forget the soldiers and family members as well as our primary mission as a command team.

The timeframe, as we know it now, is that on Aug. 31 all soldiers will be assigned to their new units. By the end of September, all requirements are complete. The 112th MI BDE will have an activation ceremony toward the last week in September.

A few activities are planned during this transformation period: Company Teambuilding Sergeant's Time on Aug. 29, M16 range on Sept. 12, and a Company Organization Day on Sept. 22 coinciding with Chaplain Botsford's marriage enrichment retreat. Plan to spend the day with us.

Command Voice

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Top Notch

Times of Change



ISG Michael W. Roberts

Two years ago, I became the First Sergeant of what I know is the best company on Fort Huachuca. Now that company is being split up. I write this last newsletter article to some of the greatest soldiers I have ever met with very mixed

emotions.

When I became the First Sergeant of this company, I had been an E-8 for 24 days. Everyone told me that I had the qualities and values to be a good First Sergeant, but that did nothing to ease the butterflies I felt. My first day in the company, the Commander did the initial reading of an Article 15 to a soldier. Afterward, I brought that soldier into my office and talked with him to find out everything that had led up to that point. The soldier was very dismayed and explained to me that he knew the things he had done were wrong and that he was willing to pay the price for them. All he asked of me was to give him a chance to overcome and be a good soldier. He had barely been in the Army a year, but so badly wanted someone to give him a chance to be a good soldier.

A million thoughts ran through my head as I talked with him, but what I decided to do was give that soldier a chance. Two days later the Commander decided on the punishment for this soldier, and I handed out the extra duty. Everything I told the soldier to do for extra duty was done efficiently and beyond what I asked him to do.

Over the next one and one-half years before that soldier left, he made me so proud of all his accomplishments. Sure he had stumbling blocks here and there that he still had to overcome, but he turned out to be an excellent soldier. He has since departed Fort Huachuca, but he still keeps in

contact with me and continues to make me proud of the things he has accomplished. Soon he, and the wonderful family that he started while at Fort Huachuca will depart the military to begin a new career in the civilian world, but when he does, I am confident that he will remember the talks we had, and hopefully some of the things we both learned together.

Now, you may be asking yourself what this has to do with change. Well, watching many of you depart to go to a new company is like watching that soldier depart all over again. I am so proud of each and every one of you. WE have learned so many things together and gone through a multitude of different situations; some good, some bad, but all a learning experience for everyone involved.

Being the First Sergeant of this company has been, and is, the most rewarding job I have held since I enlisted. I hope that those transferring to HHC, Garrison will continue to keep in contact with me. I will be watching all of you, from afar mind you, but have no doubt I will be watching. Your departure to a new unit is similar to what my parents felt when I left to join the Army. They were confident in the fact that they had taught me all the right things to be successful, yet saddened to see me go.

There are still many things that I wanted to teach those of you who are transferring, but I hope that someday you will be doing something and possibly remember that you learned it while you were in Headquarters Company, 306th Military Intelligence Battalion. I am no more thrilled about losing so many of you than I would be if I myself were departing. However, the thought of losing you is eased by the knowledge that you will have an excellent new First Sergeant at HHC, Garrison.

1SG Ronald Baer was my instructor when I went through the Advanced Noncommissioned Officer Course. He taught, mentored, encouraged

What's New

Promotions

MSG LaToya Sizer, PAO
SSG Garrett Castle, Range Control
SSG Rodney Eden, BN Staff
SPC Melissa Mullen, ATC
PFC Kenji Davis, Honor Guard
PFC Arthur Gray, BN Staff
PFC Marla Quinones, Garrison
PFC Elissa Tindle, ATC
PFC LaRon Watkins, Cmd Grp

Soldier of the Month

Congratulations to SPC Robert Garcia for being named the Headquarters Company Soldier of the Month for August. SPC Carole Coons, Battalion S-3 won the 306th MI Battalion Soldier of the Month competition in July.

New HQs. Co. additions

Headquarters Company welcomes the following babies to the family and sends congratulations to the parents:

Seth William Graddy was born May 18 weighing 6 pounds, 11 ounces. Proud parents are SSG and Mrs. Geoffrey Graddy, Libby Army Airfield.

Desmond Isaiah Lane was born May 30 to SSG Cassandra Lane, post security, and her husband David.

Jasmine Alexis Mays was born May 30 to SPC La Toya Mays, Battalion S-1, and her husband. Jasmine weighed 6 pounds, 7 ounces and was 21 inches long.

Isaura Claritza Adon was born June 10 weighing 7 pounds. Proud parents are SSG and Mrs. Adon, LAAF.

Britney Monique Bell was born June 12 weighing 6 pounds, 10 ounces. Proud parents are Sgt. Reginald Bell, BN S-4, and Mrs. Bell.

Jelani Marques Shakir was born July 13 to Sgt. Joanna Fernandez, SJA. He weighed 7 pounds, 7 ounces, and was 19.5 inches long.

Deborah and Elizah Rubin, twins, were born to SSG Henry Rubin, CG's driver, and his wife July 30. Deborah (girl) was 5 pounds, 8 ounces and Elizah (boy) was 5 pounds, 12 ounces. Both were 18.25 inches long.

Michael Sydney Williams was born Aug. 2 weighing 9 pounds, 2 ounces. Proud parents are Maj. Daniel Williams, PAO, and his wife Celeste.

Awards & Certificates of Achievement

Army Achievement Medal

SGT Broadbent, AAM
SPC Konarik, AAM

Certificate of Achievement

MAJ Oliver, BN Staff
CPT Cater, Commander
SSG Baker, Garrison
SGT Sones, Registrar
SPC Coons, BN Staff
PFC Quinones, Garrison

Wings

SSG Arnold, ATC
SSG Graddy, ATC
SPC McKnight, ATC
SPC Mullen, ATC
SPC Nelson, ATC
SPC Rabiossi, ATC
PFC Morales, ATC
PFC Perry, ATC
PFC Tindle, ATC



In Search of ...

CPT Cater and PFC Perry check out the Obstacle 3 'hole' at the LRC.

Chaplain's Corner

Baby-sitting Blues

Compiled by Jeffrey C.
Botsford, Chaplain

Five-year-old Drew stood in the yard, red-faced and screaming: "BRA-A-A-A-D!

Give me the baseball bat!" Drew then snatched the plastic bat from his 2-year-old brother and whacked him on the back.

While I'd babysat Drew and Brad many times, I couldn't remember when they had been so wild. What made the day worse was the summer heat. I longed for air conditioning. The boys didn't. They couldn't be budged from the back yard, not until supertime when I coaxed them inside with the promise of pizza.

After tossing

dinner in the oven, I herded the boys upstairs for their baths.

After bath time, Drew came to me and asked, "What's that funny smell?"

The pizza!

I ran into the kitchen and saw smoke rolling from the oven. I grabbed a hot pad and pulled out a mass of blackened cheese and burnt crust. Drew giggled.

I grabbed them both, marched them into the living room and demanded they sit on the couch while I fixed some sandwiches. I hadn't gotten very far when a blur of Drew and the family dog darted past.

"I'm racing the dog up the street!" he yelled as the door slammed behind him.

I dashed out the

door and soon had Drew by the arm and the dog by the collar.

Still fuming from Drew's escape, I finished slapping together the sandwiches and then ordered the boys to sit down and eat.

After dinner, Drew and Brad climbed onto the couch for story time. I'd been reading about 20 minutes when Drew snuggled real close and said, "Rachel, I'm sorry for the way I acted today. I think you're beautiful and wonderful, and I'm glad you came over to watch us." It was amazing how Drew's words changed my grumpy attitude. All the aggravations of the day melted as the boys went to sleep next to me.

Drew's apology reminds me of Proverbs 15:1: "A gentle answer

turns away wrath, but a harsh word stirs up anger." As I think about my own life, I wonder: How many times have I made life miserable for someone else? How many times have I NOT said I'm sorry when I acted rude or unkind to a friend or family member? A gentle word is all it takes sometimes to calm a sea of bad feelings. And an irate babysitter.

I think the above has a good message.

**"Big Thinking
Precedes Great
Achievement"**

**"..but those who
hope in the Lord will
renew their strength.
They will soar on
wings like eagles;
they will run and not
grow weary, they will
walk and not be
faint."**

Change from page 3

and inspired me then; I know he will do the same for all of you. I first met your new Commander in the middle of August, so I cannot tell you much about CPT Karen Chambers. First impressions are lasting impressions though, and my first impression was that she is sincere about taking care of soldiers first and foremost.

For those of you who are staying in Head-

quarters Company, 306th MI, I look forward to many more great times together. We have a great Commander, and between CPT Cater and I, we will continue to take care of all of you in the best way we know how!

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Common Sense

True meaning behind The Army Wives Seal

The eagle at the top of the circle represents the Army Wife, who in protecting her next, also protects the flag and the future it represents. Alert and poised, she is ready to defend either when the need arises.

As the ultimate goal of her husband's profession is peace, so is it hers. The olive branch held by the eagle represents this peace; her hope for an end to wars for her husband and her children.

The lyre, symbol of harmony, gentility and romance, surrounds the four phases of her life that she holds dear.

The cradle represents her children, her Mother – her own Motherhood.

The sheaf of wheat represents the staples and stability she provides for her family – her duty.



The grapes represent the social life, the wine, fun, sense of humor – her lighter side.

The open book represents her individuality and personal self-fulfillment thru knowledge and wisdom. The person she is and becomes – her personal self.

The double circle enclosing all is her wedding band, symbol of eternity and never

ending love. This circle is broken only by the eagle, here a symbol of her duty to country. For the Army Wife, the break in the circle represents the many separations and the possible ultimate sacrifice.

Ida True Terry — 1976



Puuullllll...

SSG Sally Price, Battalion S-1, makes it across the rope during the company's Ruck March/Obstacle Course Sergeant's Time Training July 18. Soldiers completed a 3-mile ruck march with a 25-pound ruck, completed the Obstacle Course then rucked another 3 miles.

Stressed out?

Tips to help you overcome those rough days

Build “cushion” into your life and into your day for the unexpected.

This means filling your schedule 80 percent full (max) and leaving 20 percent for a sudden family illness, a car that won’t start, a bad-traffic day and other surprises.

Look ahead; think ahead.

Anticipate problems. Communicate your needs up front.

If “difficult” out-of-town relatives want to spend a week with you, offer to send them a list of good hotels and recreational activities in your area.

Don’t feel you need a big block of time to relax or take care of yourself.

A break can be as simple as sitting with your eyes closed and breathing deeply for one minute.

Don’t let others’ stress become your stress.

Just because someone close to you is miserable doesn’t mean you have to feel that way. In fact, you can help them more if you stay centered.

Ask for help.

Other people may not know you’re feeling overwhelmed unless you tell them. Sit down together and decide how others might chip in.

Make lists.

Making a list forces you to gather your thoughts and set priorities – and helps you feel more in control.

Monitor your stress level hour by hour.

Don’t allow stress to become a monster that must be

“managed” at the end of the day.

Every few minutes, ask yourself, “What can I do right now to relax, feel better or take care of myself?”

This might mean dropping your jaw, changing your posture, taking a walk, getting a cold drink or answering the call of Nature.

Try journal writing whenever you feel frustrated, angry, sad or depressed.

It can help you see things more clearly.

Take time for “useless” things.

This includes smelling flowers, lighting candles while washing the dishes, and stopping to pet the neighborhood cat.

Don’t reach for food for

emotional comfort.

Tackle the source of the stress.

Make one small change if you can’t make a big one.

This can get the ball rolling.

Just say “no.”

This single piece of advice can save you countless problems.

Give yourself a real break during work breaks.

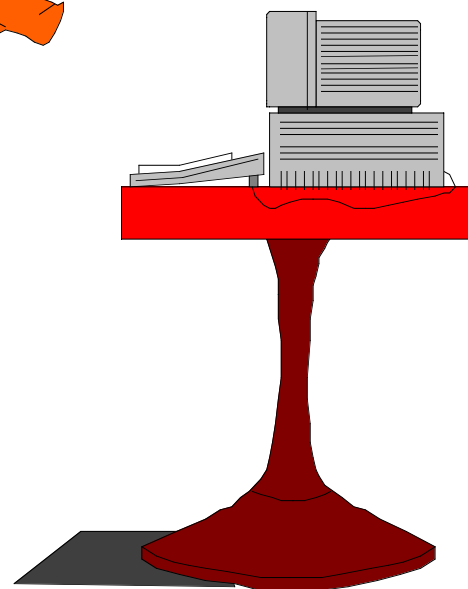
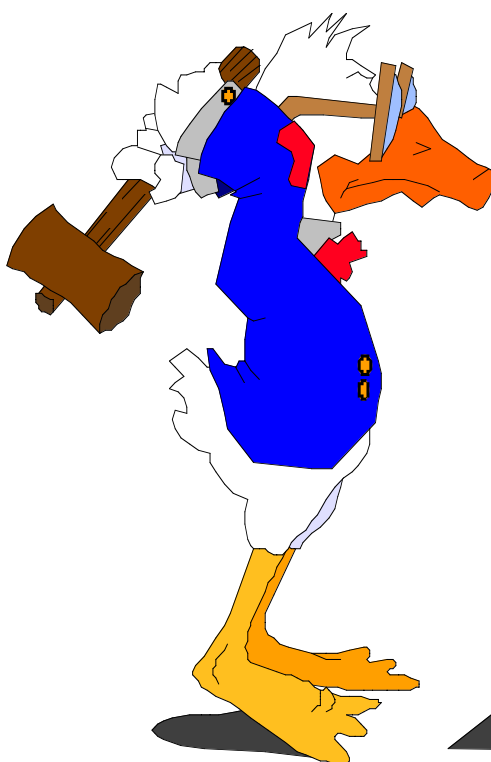
If you work on your feet, sit down during breaks. If you work sitting down, get up and walk.

If you work on the phones, don’t make phone calls during your break. If you work with others, find time to be alone.

Be yourself. Celebrate yourself.

There’s no one else like you anywhere. You have a special purpose for being here. Find out what it is.

Adapted from Tips from TOPS: (800) 932-8677.



September 2000

Monthly Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> <div> Aug 2000 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 </div> <div> Oct 2000 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 </div> </div>					1 Training Holiday	2
3 Week 49	4 Labor Day	5 7:30 AM Bn Recognition Ceremony / Pav Dav PMI	6 7:00 AM Maintenance Weigh-In 9:00 AM BN SOM/NCOM Board	7 5:30 AM APFT - Brock Field 1:00 PM Bn Cmd & Staff Meeting	8 9:00 AM Co Training Meeting 2:30 PM SAMC Induction Ceremony (Greely Auditorium)	9
10 Week 50	11 8:00 AM BN/Post Newcomer's Brief (Murr) 1:30 PM Battalion QTB	12 7:30 AM STT(S) HQ Company M16 Range	13 9:00 AM BN Promotion Board 3:00 PM HQ Co Newcomer's Brief	14 8:30 AM Staff OPD / NCODP 1:00 PM Bn Cmd & Staff Meeting	15 6:00 AM POW/MIA Walkathon 9:00 AM Co Training Meeting Hispanic Heritage Celebration Fun Festival	16
17 Week 51 Hispanic Heritage Fun Festival	18	19 7:30 AM STT (C) ISCTC / Suicide Prevention (Murr) 11:45 AM CFC Luncheon	20 8:30 AM 112th MI Bde Activation Ceremony Key Leader Rehearsal 1:30 PM HQ Co SOM/NCOM Board	21 7:30 AM 112th MI Bde Activation Ceremony Full Dress Rehearsal 1:00 PM Bn Cmd & Staff Meeting	22 6:00 AM HQ Co Run 8:00 AM Marriage Enrichment Seminar @ Patagonia Lake 9:00 AM Co Training Meeting Company Org Day	23
24 Week 52	25	26 7:30 AM STT(S) 4:30 PM 112th MI Bde Activation Ceremony - Wren Arena	27 7:30 AM EOM Key Leader Rehearsal 3:00 PM HQ Co Newcomer's Brief	28 6:00 AM NCODP - Kino 7:30 AM EOM Full Dress Rehearsal 1:00 PM Bn Cmd & Staff Meeting	29 7:30 AM EOM Ceremony (306th Host) 9:00 AM Co Training Meeting 7:00 PM Army Soldier Show	30 2:00 PM Army Soldier Show
World Wide Intell conference (Tentative)						